

PRE GARA ENDURANCE®

AMINO-ACID AND VITAMIN FOOD SUPPLEMENT WITH MINERALS AND SEQUENTIAL CARBOHYDRATES



FOR ENDURANCE PERFORMANCES



PACKAGING: 20 SACHETS, 19 g EACH

CONTRIBUTES TO THE MAINTENANCE OF ENDURANCE PERFORMANCE DURING PROLONGED ENDURANCE EXERCISE

FEATURES

This product can be used to obtain a complex carbohydrates and electrolytes solution, which contributes to the maintenance of endurance performance during prolonged endurance exercise. Pre Gara Endurance provides long chain maltodextrins, glucogenic and branched chain amino acids, which are metabolized by the body at different times. Vitamins (B2, B5, B6, C and Folate) help to reduce the feeling of tiredness and fatigue, and electrolytes (Ca, Mg, K) contribute to normal muscular function. Vitamins (B1, B2, B6, C, Biotin) enable physiological energy metabolism and Vit. B6 supports normal protein and glycogen metabolism. Vitamin C, at the proposed dosage of 2 sachets, contributes to the maintenance of normal immune system function during and after intense physical exertion and protects the body cells from oxidative damage. This beneficial effect is obtained with the daily consumption of 200 mg in addition to the recommended daily intake. of vitamin C. This product does not contain gluten (Gluten Free), therefore is suitable also for people suffering from celiac disease or gluten intolerance.

HOW TO USE AND RECOMMENDED DAILY DOSE

It is recommended to take the product about 30 min. before sport activities. Mix 1 sachet with approx. 200 ml of water for medium-duration activities, 2 sachets (with approx. 400 ml of water) in case of intense and prolonged physical exercise.

INDICATIONS

This product is suggested for medium-long duration sports (e.g. cycling, road running, marathon, cross-country skiing, swimming, or endurance sports in general). It is recommended to take the product before training or competition.

INGREDIENTS

Maltodextrin (19DE 39% - 5DE 17%), fructose, acidity regulator: citric acid; creatine pyruvate, aroma, potassium citrate, L-leucine, L-alanine, sodium citrate, glycine, L-isoleucine, L-valine, sodium chloride, calcium carbonate, magnesium carbonate, taurine, L-ascorbic acid (vitamin C), L-glutamic acid, L-Glutamine, eleutherococcus (Eleutherococcus senticosus M.) root d. e. tit. 5% saponins, emulsifier: sucrose esters of fatty acids; acetyl L-carnitine hydrochloride, sweetener: sucralose; DL-alpha-tocopheryl acetate (vitamin E), coloring: betacarotene; coating agent: hydroxypropyl methylcellulose; calcium D-pantothenate (pantothenic acid) (Vitamin B5), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6), pteroil-monoglutamic acid (folate), D-biotin (vitamin H).

RECOMMENDED FOR

ENDURANCE SPORTS

Cycling - Road Running - Open water swimming - Triathlon - Marathon
MTB xcm - Racewalking - Hiking
Ultramarathon - Trail - Hill running
Biathlon - Iron Man

WHEN TO USE PRE GARA ENDURANCE®



Warnings: this product is not intended to be used as a substitute for a varied diet but is intended to be used as part of a healthy, balanced diet and a healthy lifestyle. Do not exceed the recommended daily dosage. Keep out of reach of children under the age of 3. Do not use in pregnancy, in children or for long periods without any medical advice. The expiration date applies to the product in its intact container when stored as directed. The product is tested free from Nandrolone and Testosterone with their precursors, free from Beta2-agonists, amphetamines and ephedrines.

NUTRITIONAL INFORMATION

	per 100g	per 2 sachets
Energy		
kcal	361.9	137.6
kJ	1539.5	585.3
Typical Values		
Fat	0.02 g	0.01 g
of which saturates	0.01 g	0.00 g
Carbohydrate	78.81 g	28.05 g
of which sugars	16.36 g	6.22 g
Protein	0 g	0 g
Salt (Nax2.5)	1.56 g	0.59 g
Vitamin C	526.3 mg (658% NRV)	200 mg (250% NRV)
Vitamin B1	1.8 mg (165% NRV)	0.7 mg (64% NRV)
Vitamin B2	2.1 mg (149% NRV)	0.8 mg (57% NRV)
Pantothenic acid	7.9 mg (132% NRV)	3 mg (50% NRV)
Vitamin B6	1.3 mg (94% NRV)	0.5 mg (36% NRV)
Biotin	197.4 mcg (395% NRV)	75 mcg (150% NRV)
Vitamin E	26.3 mg (219% NRV)	10 mg (83% NRV)
Folate	263.2 mcg (132% NRV)	100 mcg (50% NRV)
Magnesium	186.8 mg (50% NRV)	71 mg (19% NRV)
Potassium	789.5 mg (40% NRV)	300 mg (15% NRV)
Chloride	478.8 mg (61% NRV)	181.9 mg (23% NRV)
Calcium	315.8 mg (35% NRV)	120 mg (15% NRV)
Pyruvate	858 mg	326 mg
Creatine	1716 mg	652 mg
Taurine	658 mg	250 mg
L-Leucine	1974 mg	750 mg
L-Isoleucine	987 mg	375 mg
L-Valine	987 mg	375 mg
L-Glutamine	263 mg	100 mg
Glycine	1053 mg	400 mg
L-Alanine	1579 mg	600 mg
L-acetyl carnitine	132 mg	50 mg
L-glutamic acid	526 mg	200 mg
Eleutherococcus d.e.	263 mg	100 mg

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011

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